

Texas Midwest Surgery Center
751 N. 18th St.
Abilene. TX 79601

Hendrick Medical Center
1924 Pine Street, Abilene, TX 79601

You have been scheduled for a Colonoscopy with:

Avery Smith, MD

Date of Procedure:

Pre-Admission Testing will call with arrival instructions

Please advise. A NO SHOW for procedures is a \$50.00 fee and must be paid before rescheduling.

IMPORTANT

- Please bring your Insurance cards, proof of Identification and complete lists of home medications you are taking.
 - This includes over the counter medications such as vitamins, etc.
- If you need to reschedule, cancel or if you have any questions about your procedure please

Call: (325) 268-4122

- We ask that you give us 48 hours in advance if you need to cancel or change your

- The Central Billing office (CBO) will verify your Insurance benefits.

Call: (800) 862-3313

COLONOSCOPY PREP INSTRUCTIONS



Failure to follow these instructions limit the value of your procedure and your exam may need to be rescheduled.

SEDATION

- You will be receiving IV (Intravenous) sedation. You **MUST** have an adult family member or friend (18 years or older with a valid drivers license) to drive you home following the procedure. You are **NOT** allowed to drive or leave the surgical facility alone. You are **NOT** allowed to utilize third party drivers (i.e. Lyft, Uber, RideShare, public buses, taxi services, etc.)

DAILY MEDICATIONS

- If you are taking blood thinners (ex: Coumadin, Plavix, Brilinta, Xarelto) you must **STOP** taking them as described below.

Instructions:

Coumadin - STOP 5 days before procedure and take Lovenox as directed

Plavix - STOP 5 days before procedure

Eliquis/Brilinta/Xarelto - STOP 1 day before procedure

- You may take your asthma and blood pressure (Atenolol, Bystolic, Carvedilol, Metoprolol, Nadolol, Propranolol) medications with small sips of water the morning of the procedure.
- You may continue taking Aspirin 81 mg or 325 mg as usual.
- You may continue taking any thyroid or seizure medications as usual.
- If you use an inhaler for your asthma, bring it with you the day of your procedure.
- If you have diabetes, **DO NOT** take diabetic pills on the day of your procedure. If taking insulin, cut standard morning dosage in half.
- If you are taking diet pills (Phentermine, Metermine, Elvenir, Fastin, etc.), you must **STOP** taking them **14 days** before your procedure.

JEWELRY & VALUABLES

- Please do not bring any valuable items or jewelries to the endoscopy room for your procedure.
- Nose, lip, or tongue jewelry piercings should be remo

BOWEL PREPARATION:



The following is very important to ensure a successful exam

STEP # 1 (TWO DAYS BEFORE THE COLONOSCOPY)

| DATE | INSTRUCTIONS |
|------|--------------|
| | Light Dinner |

STEP # 2 (ONE DAY BEFORE THE COLONOSCOPY)

| DATE | INSTRUCTIONS |
|------|--|
| | Begin clear liquid diet this AM. |
| | At 5:00pm open 1 flavoring packet and pour contents into 1 bottle. Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water during the evening. |
| | At 10:00pm REPEAT SAME AS DOSE ABOVE. In addition, drink 16 more ounces of water until midnight, 12:00am |

STEP # 3 (MORNING OF COLONOSCOPY)

| DATE | INSTRUCTIONS |
|------|---|
| | <i>DO NOT eat or drink after 12:00am</i> (except for any remaining Suflave prep). Starting at 12:01AM on the day of your Colonoscopy |
| | Morning of procedure: NO smoking, NO chewing tobacco, NO hard candy, NO gum, NO mints |